

# HANOVER HAPPENINGS

SEPTEMBER, 2016

## HANOVER COUNCIL ON AGING MISSION STATEMENT

*To provide services, educational programs and activities which enhance and promote the highest quality of life for each individual.  
The Mailing of this newsletter is supported in part by the Executive Office of Elder Affairs*

### DIRECTOR'S MESSAGE FOR SEPTEMBER

F. Scott Fitzgerald said: "Life starts all over again when it gets **crisp** in the fall," and so it is with the Hanover Senior Center this month. We get to restart our great programs along with adding new ones with a **crisp** new approach.

Terrific news! To kick off the fall season, we are offering our wellness exercises free for the month of September! Take advantage of this offering and see if you like a particular class or all of them.

Author and former Hanover resident, Anne Jolles will inspire us with a Tales from the Trail workshop based on her book, [Grace Trail](#). Read more about it inside.

A new program, Art For Your Mind, is coming. Enjoy this chance to find ways to get more out of looking at art. With a brief overview of the language of art, viewers become engaged in a search for clues and meaningful connections, increasing their awareness of the many ways art can educate us. Come see that looking closely at art in a group setting is informative and fun.

The Hanover Senior Center Health Fair will be this month as well. Education, raffles, prizes and lunch. Don't forget to sign up.

Please take special note of the policies that must be followed at our center (page 6). They are in place to be fair to everyone.

This month let's take "**crisp**" to a whole new level and take a bite out of life! Robyn



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
			10:00 BOWLING 11:45 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:15 STRETCH WITH NEIL  <b>PM SHOPPING HANOVER MALL</b>	8:30 ACUPUNCTURE (By Appt) ) 10:00 ARTHRITIS EXERCISE 11:00 REP DECOSTE <b>1:00 MOVIE</b>  <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
<b>LABOR DAY</b>  <b>CENTER CLOSED</b>	9:30 MORNING OUT 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL  <b>PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</b>	9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER <b>1:00 MEDIATION</b>	10:00 BOWLING 10:00 BOOK CLUB 10:00 ASK-A-LAWYER 1:00 BRIDGE 1:00 ZUMBA 2:15 STRETCH WITH NEIL  <b>PM SHOPPING HANOVER MALL</b>	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE <b>1:00 DECO ART</b>  <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
8:30 YOGA 9:00 COA ADVISORY <b>BOARD MEETING</b> 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG <b>1:00 LINE DANCING</b>  <b>PM SHOPPING-SHAW'S CUSHING &amp; OTHERS</b>	9-11 BEAUTY SALON 9:30 MORNING OUT 11:45 OLD COLONY LUNCH 1:00 TAI CHI 2:15 STRETCH WITH NEIL  <b>PM SHOPPING KOHLS/STOP &amp; SHOP</b>	9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER <b>1:00 SHAKE YOUR SOUL</b>	10:00 BOWLING 11:45 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL  <b>PM SHOPPING HANOVER MALL</b>	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:00 REP DECOSTE <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG  <b>PM SHOPPING-SHAW'S CUSHING &amp; OTHERS</b>	9:00 BLOOD GLUCOSE 9:30 MORNING OUT 9:30 MENS DISCUSSION 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL  <b>PM SHOPPING STAR/MARSHALLS MARSHFIELD</b>	9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER <b>GRACE TRAIL 12:00 LUNCH 1:00 PRESENTATION</b>	10:00 BOWLING 11:45 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL  <b>PM SHOPPING HANOVER MALL</b>	<b>Health Fair 10AM-1PM</b>  No other activities
8:30 YOGA 9:30 CRIBBAGE 9:30 BLOOD PRESSURE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG <b>1:00 LINE DANCING</b>  <b>PM SHOPPING-SHAW'S CUSHING &amp; OTHERS</b>	9:30 MORNING OUT 1:00 TAI CHI 2:15 STRETCH WITH NEIL  <b>PM SHOPPING MARKET BASKET</b>	9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER <b>1:00 BOOK CLUB AT SENIOR CENTER</b>	10:00 BOWLING 11:45 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE <b>1:00 ART FOR YOUR MIND</b>  <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b>

*All the seniors in town  
are reading this newsletter.*

**Do they know who YOU are?**

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**800-477-4574**



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Conscious  
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## HANOVER SENIOR CENTER CARES

### **Outreach at the Hanover Senior Center:**

#### Saving money for Seniors Makes Sense

One of the services that's available at the Hanover Senior Center is SHINE counseling. SHINE counselors, such as Nancy Lester, help people to navigate the complexities of Medicare and the health insurance products and programs that work with Medicare. Recently, a senior came in because she could not afford her drug copayments. The full retail price for one drug is over \$3,000 per month and even with drug insurance the monthly co-pay is about \$1,000. Nancy recommended that the senior apply to the drug manufacturer and she is now getting the drug free for one year, saving \$12,000. Also, Nancy helped her apply for Prescription Advantage which helps when people fall into the "donut hole." The senior also received that benefit and will pay only \$30 per month versus \$133 for another expensive medication.

The Hanover Senior Center has written about and held programs on the Massachusetts Senior Circuit Breaker Credit this year. People whose property taxes are more than 10% of their income may be eligible for this refundable credit each year. The senior center staff coordinated with five seniors and tax preparer Joe Benson to prepare three years of tax returns and the seniors are receiving about \$9,000 in refunds.

Hanover continues to care at The Hanover Senior Center. This past year, the Center kept you informed, healthy and safe with extensive interactions between the Hanover senior center and other town departments, local organizations and regional entities. The following list reflects this involvement: Hanover Police, Hanover Fire Department, Hanover Park and Recreation, Hanover Schools, James Curtis Library, Hanover Historical Society, Stetson House, Hanover VNA, Hanover Health Department, Hanover Finance Department, Hanover Assessor's Office, Hanover Veteran's Service Officer, Hanover Conservation and Open Space, Plymouth County Sheriff's Office, Plymouth County District Attorney, Registry of Motor Vehicles, GATRA, Representative DeCoste and Senator Brady.

**THANK YOU, STAFF, FOR YOUR CONTINUED CARING FOR HANOVER SENIORS!**

## NEW PROGRAMS

### **DECO ART**

**Friday, September 9 at 1PM, fee \$5**

If you are looking for a creative outlet and a way to relax, join our new Deco Art Class. Instructor, Barbara Reynolds will help remove any intimidation, enabling anyone with a desire to paint to succeed and leave with a professional looking piece. Project will be "Hydrangea on Chalkboard. \$5.00

Payment due upon reservation. Seating is limited.

### **LINE DANCING**

**Monday, September 12 and September 26 at 1PM**

Come join the fun. Learn the latest Line Dances.

Give your body a healthy and enjoyable workout.

### **SHAKE YOUR SOUL**

**Friday, September 14, 2016 at 1:00 PM**

Feel good in your body. Try this holistic approach to movement and dance taught by Emily. It is inspired by yoga, Qi Kung, modern dance, African dance, and body mind centering. Easy-to-follow movements.

### **BOOK CLUB at the Senior Center**

In addition to our popular book club at the James Curtis Library, we are offering a second book club

**Wednesday, September 28 at 1:00PM**

Searching For Caleb by Anne Tyler

Facilitator: John Welch

The first selection is an early novel by Anne Tyler, a highly regarded modern American author.

This novel details with humor and compassion the conflicting urges of maintaining traditions and adapting to change.

### **ART FOR YOUR MIND**

**September 30 at 1:00PM**

**Art For Your Mind** is an engaging, educational, art observation experience designed to broaden the minds of its participants. Art historian, Jill Sanford's programs are intended for people of all ages and backgrounds—artists and non-artists alike.

This month's featured topic, **America, an Artful Journey**, offers a way to experience American paintings from colonial times through the 21st Century, as they tell America's story. From basic folk art paintings, to surprising realism, then on to modern, abstract images—visualize not only America's growth and change, but also America's developing artistic styles through time.

**Please sign up for the above events so that we can plan for seating. Thank you.**

### TALES FROM THE TRAIL

#### **Grace Trail : Find Your Footing and Move Toward the Life You were Meant to Live**

No matter who you are, no matter what you've been through, Grace Trail, will connect where you are now with where you want to go.

**Wednesday, September 21, 2016**

Light lunch at 12:00PM

Workshop at 1:00PM

Author, Anne Barry Jolles. will teach you the 5 Steps of Grace Trail Process so you can take it home with you.

Grace Trail is a Best Seller on Amazon

Grace Trail has guided thousands of people to begin a simple conversation around joy, hope and resiliency.

Grace Trail can be walked anywhere, by asking and reflecting on key questions about the five components of GRACE, Gratitude, Release, Acceptance, Challenge and Embrace. Move toward the life you were meant to live with Grace Trail.

Sign up required by Friday, September 16.

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### **TRIAD RESOLVING PROBLEMS AND CONSUMER PROTECTION**

The District Attorney's Office and the Greater Brockton Center for Dispute Resolution will be here on Tuesday, September 7, 2016 at 1:00PM.

Many times we are asked to help with disputes by senior citizens . We do not have the authority to mediate or advise with personal problems concerning legal, financial, family, medical concerns or conflicts at housing sites. We will refer you to professionals who are educated in these areas. For information and advice please join us on Tuesday, September 7, 2016 at 1:00PM when Ronald Fredey of the Greater Brockton Center for Dispute Resolution will offer a general presentation on Community Mediation and Dispute Resolution. Mr. Fredey will discuss possible ways to resolve certain situations. There will be a question and answer segment following the presentation. Reservations are necessary. Call 781-924-1913. Please call 781-924-1913. Refreshments follow.

### **A HARVEST OF WELLNESS HANOVER SENIOR CENTER FALL SENIOR HEALTH FAIR**

FRIDAY, SEPTEMBER 23, 2016

10:00 AM – 1:00 PM

665 CENTER ST  
HANOVER, MA

Come in to reserve your brown bag lunch for only \$3.00.

Call 781-924-1913

### **RAFFLES, PRIZES, GIVEAWAYS!**

Don't miss out on a free opportunity to get information, access to programs and organizations that deal with personal health, medical insurance, home services and more. Sign up is necessary so that we may order enough lunches.

### **OFFERING:**

**SHREDDING TRUCK  
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GIVEAWAYS**

**RAFFLES  
LUNCH**



**NEW AND RENEWED FRIENDS**

Norma Sides, Frank & Rosemary Darche, John & Patricia Morris, Maryanne Aylesworth, Joe & Ann Boyle, Jean Peacock, Kenneth & Lilly McKeeman, Ron Lally, Pat Carley, Janet Tozier, Janice & Al Stark, Gretchen Thibeault, Regina Campbell, Bruce & Janice Nordstrom

**ADDITIONAL DONATIONS**

Norma Sides, William & Susanne Bottiggi, John & Karen Collins, John & Patricia Morris, Fred & Nancy Foley, Jean Peacock, Joan Madden, Hanover Lions Club, Friends of Barstow Village, Pat Carley, Queen Anne Nursing Home, Janet Tozier, Paul Martin, Gretchen Thibeault, Norma Sides

**IN MEMORY OF**

Norma Sides in memory of Robert Sides  
 William & Susanne Bottiggi in memory of Ruth Hunt  
 John & Karen Collins in memory of Ruth Hunt  
 Fred & Nancy Foley in memory of Ruth Hunt  
 Jean Peacock in memory of Jeff Peacock  
 Joan Madden in memory of son Michael Madden and grandson Brian Raleigh  
 Friends of Barstow Village in memory of Maureen Sammon  
 Ron Lally in memory of Tony King  
 Pat Carley in memory of James Carley  
 Janet Tozier in memory of my Mother Eleanor Tee-baggy

**Thank you for product donations**

Annie Hunter, Norma Morgan, Elaine Campbell, John Buzad, John Thomson, Helen Kelley, Paul & Virginia Zemotel

**FOOD PANTRY ITEMS NEEDED!** Be a friend to someone who needs one. The Senior Center has a new Hanover Food Pantry box available here. School snacks for back to school are needed this month: juice boxes, packable snacks (cookies, popcorn bags, snack crackers, fruit snacks, pudding or Jell-O cups) and zip-lock bags in snack or sandwich sizes.

**Old Colony lunch, Tuesday, September 13, only \$2.50** Enjoy chicken breasts, rice, vegetables and chocolate cake. Sign up and pay by September 7.

## **Friends of the Hanover COA presents**

### **National Touring Musical Revue "The Country Jamboree"**

**Now performing at the Venus de Milo  
(75 Grand Army Highway Swansea MA )  
Thursday September 29, 2016**

\$79.00 per person

11:30 A.M. Doors Open

12:00 P.M. Luncheon: Chicken Parmesan or Baked Scrod, Soup, Potato, Vegetable, Dessert and Coffee

1:45 P.M. "The Country Jamboree"

3:00 P.M. Depart for Home

\*Full payment and meal choice are required at time of booking and due on or before  
Friday, September 2, 2016

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### **Lake Winnepesaukee Turkey Dinner Train Tuesday, October 18, 2016**

\$85.00 per person

Scenic Foliage Drive

Roast Turkey Dinner aboard the Train

Scenic Train Ride

Farm Stand Visit for Apples

\*Full payment is due on or before  
Friday, September 23, 2016

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**FOXWOODS**

Tuesday, September 20

**\$26.00**

Bus departs Center at 7:30AM

For all trip further information, contact Dot Quinn at  
781-829-4241

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**ART IN GLASS WINDOW TREATMENTS****Creating our own stained glass display!**

We would like to display colored glass items in the windows of our computer room. They add a sparkle as they bend and reflect the light.

If you have any colored glass items (not too big) ,vases, bottles or plates that you would like to donate, we would appreciate them .

## AUTUMN WALK

Saturday, September 24, 2016 at 10:00 AM

Please join the Open Space Committee on Saturday, September 24, 2016 for an early autumn walk on the Hanover Senior Center and Nava-Stasiluk Trail. Park at the Senior Center off Center Street. Walk a one mile loop travelling along Torrey Brook to Myrtle Field, then along the old railroad bed to the Nava property and back to the Senior Center along the newly constructed Nava Trail. A possible additional walk to Tindale Bog may be offered to those interested in adding a mile to the trip. A hand-crafted walking stick will be given away to one of our walkers! Sturdy walking shoes and insect/tick repellent are recommended. The senior center will be open from 10:00AM to noon, serving coffee and apple cider doughnuts!

### POST GRAD LUNCHES

Beginning Monday, September 19, 2016, the Post Grad Lunch program returns. This is only for Mondays and Fridays lunches. **Orders must be in by Thursday the previous week.** (Thursday, 9/15/2016). \$3.00

Menu:

Chicken Salad Wrap

Turkey Wrap /lettuce, tomato, mayo,

Fresh Fruit Platter

Greek Salad

Garden Salad

Plain or with chicken, salad, grilled chicken, honey chicken or buffalo chicken

Hummus platter

## HALLOWEEN PEDDLER'S CART

Our Halloween peddler's cart could use: miniature wrapped candy and individual packs of candy corn.

# BOO!



## PER HANOVER COUNCIL ON AGING ADVISORY BOARD

### SOCIALS/PARTY EVENTS

Absolutely no reservations after closing

No sign ups before posted date.

No refunds for any reason .

No transfer of monies to other events.

No phone calls unless disabled

Hanover residents first 48 hours of signing up.

### TRANSPORTATION

Service is limited to curb to curb.

At no time should a staff member be called at home for a ride.

Van reservations must be made 1 week in advance.

Medical transports must be made 2 weeks in advance.

3 shopping bag limit.

### Fall Schedule Changes

Bereavement returns on Thursday, September 15 at 2PM, Zumba is no longer at 10AM on Thursday and returns to its former time 1PM, the Book Club at the James Curtis Library returns on Thursday, September 15, Men's Discussion resumes on Tuesday, September 20 at 9:30AM. Call to find out when Exercise with Chris will return on Thursdays at 10AM.

There will be no Thursday, Tai Chi with Kathy Dunn on September 8.

### MOVIE

#### Friday, September 1 at 1PM

#### Saint Vincent.

A young boy whose parents have just divorced finds an unlikely friend and mentor in the misanthropic, bawdy, hedonistic war veteran who lives next door.

#### Stars:

Bill Murray, Melissa McCarthy, Naomi Watts



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*Administrative Assistant/  
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Katie O'Brien,  
*Transportation Coordinator/  
Mobile Outreach*

Teresa Slight,  
*Volunteer Coordinator/Client  
Services Assistant/Van  
Driver*

George, *Van Driver*  
Jenna, *Van Driver*

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**665 Center Street**  
**Hanover, MA 02339**

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HANOVER COUNCIL ON AGING**

**Please make checks payable to Friends of Hanover COA and mail to:**  
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2016

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Membership: \_\_\_\_\_

Additional Contribution: \_\_\_\_\_

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

Send acknowledgement to: \_\_\_\_\_

**Friends**

Dot Quinn,  
*President/Treasurer*

Elaine Crowley,  
*Vice President*

Judi Barca

Margaret Rooney

Doreen Giordani

**The Hanover COA Advisory Board meets of the second Monday of the month and will meet again on Monday, September 12 at 9:00AM. All are welcome to attend this open meeting.**